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Wife Assault

Let's break the silence.

This pamphlet can help you
to help yourself.
It can help you to help someone else.

What is wife abuse?

The terms wife abuse or wife assault are used when a man hurts or threatens a woman he is in a relationship with.

Wife assault, including sexual assault, is against the law.

Sexual assault is:

- forcing a woman to have sex against her wishes;
- making her do sexual acts that she doesn't like.

Wife abuse also includes emotional abuse

Emotional abuse can include:

- insulting a woman;
- threatening to hurt her;
- treating her badly in front of others;
- blaming her for things that are not her fault;
- controlling where she goes and what she does.

If a man is abusive it is because he wants to have power and control over his partner.

All kinds of women are being abused – young, old, disabled, pregnant, poor, rich, immigrant women and women who were born in Canada.

Women are abused every day.

Abuse can start with a slap and end in murder.

Children who see violence in their home may remember it for the rest of their lives.

**This abuse must be stopped.
Women have the right to be safe.**

If you are a woman who is being abused:

It is not your fault.
Nobody deserves to be abused.

Abuse does not go away – it almost always gets worse.

- Talk to someone you trust.
- Your doctor may be able to help.
- Call the “Wife Assault Helpline.”

You can ask the telephone operator for the “Wife Assault Helpline” in your area. It should also be in the white pages of the telephone book.

- Call a women’s shelter or a women’s centre. (See back of this brochure.)

If any person you talk to makes you feel that the abuse is your fault, keep trying until you find someone who understands.



**NO MAN
HAS THE RIGHT**

Where can you go for help?

Shelters for women and children.

A shelter is a safe place to rest and plan for your future.

You and your children can stay there and get the help that you need. Your children can still go to school.

Shelters are free.

They are open 24 hours a day, 7 days a week.

Even if you don't plan to leave your home, you can call a shelter just to talk.

The shelters and telephone helplines in Ontario are listed at the back of this brochure.



Police

It is against the law to physically assault someone. It is against the law to sexually assault someone.

No one has the right to assault you, not even your husband or boyfriend.

The police can arrest and charge the man who is assaulting you.

The police have a duty to help women who are being assaulted.

If the police do not charge your partner, you have the right to ask them why.

You can also ask a Justice of the Peace to lay charges. Your shelter or Wife Assault Helpline can give you more information about this.

Lawyers

You have rights. You can find out what they are.

If you leave your husband or boyfriend you should get legal help.

You may be able to get legal aid or help from a legal clinic if you can't pay for a lawyer. Legal Aid offices are listed in your phone book.

It is very important to get legal help if you have children or if you are not a Canadian citizen. A lawyer can give you advice about custody or immigration.

If you are in danger go with your children to a safe place now.

You have the right to take your children with you.

You can get legal help later.

Why do some women stay with their partners?

Our society makes it very difficult for women to leave men who abuse them.

A woman may feel that she has to stay for reasons such as:

- She fears for her life. Her partner threatens to hurt her or kill her if she tries to leave.
- She cannot afford to move out and support herself.
- She feels responsible for keeping the family together.
- She wants the children to grow up with their father.
- Relatives and in-laws want her to stay.
- He makes her feel guilty and tells her the abuse is her fault anyway.
- He takes away her confidence, so she doesn't think that she can make it on her own.
- He promises to never beat her again and he begs her to believe him.

It is important for her to remember that she cannot stop his violence.

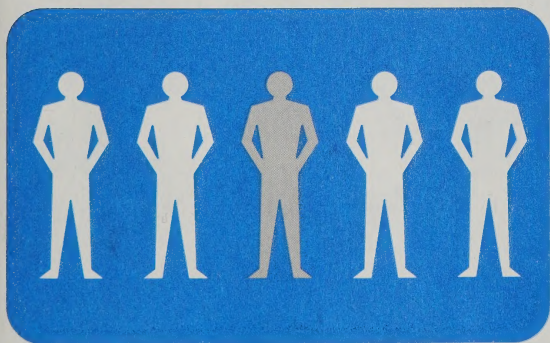
He is responsible for his own behavior.

Why do men batter?

If a man is abusive, it is because he wants to have power and control over his partner.

- He may believe that men have the right to control women.
- He may have learned that it is okay to use violence at home.
- He may feel that he can't handle the problems in his life.
- He may feel powerless.
- In the past, it was easy for men "to get away with" abusing women.

None of these things make it okay for a man to abuse his wife or girlfriend.



One in five men living with a woman admits to assaulting her.

Our society must show that we will no longer accept violence against women.

Is there help for men who abuse women?

Yes. If you are a man who has trouble dealing with your anger, talk with someone.

You can join a help group for men who abuse women. These groups are listed at the end of this pamphlet.

You can call a Distress Centre listed in your telephone book.



You are responsible for what you say or do.

Your wife or girlfriend did not “make” you hit her.

You can change the way you act.

There is no excuse for abuse.

What can we all do?



Talk to others about wife abuse.

If you hear or see a woman being hurt,
call the police.

Let her know she is not alone.

Listen to her and show her that you
believe her.

Help her get in touch with a shelter.



We should all care about wife abuse—
it is not a private family matter.

**Wife assault is a crime!
Break the silence.**

Help For Women







Most of these services are available seven days a week, 24 hours a day. Some of these services (*) are also available in French.








means this shelter has a wheelchair ramp, an accessible bedroom and an accessible washroom with handrail and raised toilet.

Name	Telephone
Alexandria La Montée d'Elle *	(613) 525-5338
Alliston My Sister's Place *	(705) 435-3835 1-800-461-5419
Atikokan Atikokan Crisis Centre	(807) 597-1447 1-800-465-3348 TDD (807) 597-1447
Aurora Yellow Brick House *	(905) 773-6481 (905) 727-1944 1-800-263-3247
Bancroft Maggie's Resource Centre	(613) 332-3010
Barrie Women & Children's Crisis Centre	(705) 728-6300 1-800-461-1716
Blind River Mississauga Family Resource Centre	(705) 356-7800 1-800-461-2232
Bracebridge Muskoka Interval House	(705) 645-4461 1-800-461-1740

Name	Telephone
Brampton	
Family Life	(905) 451-6108
Resource Centre  * TDD	(905) 451-6108
Brantford	
Nova Vita Women's Shelter *	(519) 752-4357 1-800-265-0764
Brockville	
Leeds & Grenville Interval House *	(613) 342-8815 1-800-267-4409
Cambridge	
Family Crisis Shelter  *	(519) 653-2422
Carleton Place	
Lanark County Interval House	(613) 257-5960 1-800-267-7946
Chatham	
Chatham-Kent Women's Centre  *	(519) 354-6360 1-800-265-0598
Cobourg	
Women in Crisis Centre	(905) 372-0746 1-800-263-3757
Collingwood	
My Friend's House  * TDD	(705) 444-2511 (705) 444-2511
Cornwall	
Maison Baldwin House *	(613) 938-2958 1-800-267-1744
Dryden	
Hoshizaki House  * TDD	(807) 223-3226 1-800-465-7221 (807) 223-3226
Eganville	
Avoca Interval House	(613) 628-2522 1-800-267-8827
Elliot Lake	
Women's Crisis Centre 	(705) 461-9868 1-800-461-4623
Foxboro	
Three Oaks Foundation * TDD	(613) 966-3074 1-800-267-0533 (613) 966-3074










Help For Women

Name	Telephone
Geraldton	
Geraldton Family Resource Centre  *	(807) 854-1571 Zenith 81450
Goderich	
Survival Through Friendship House	(519) 524-6245 1-800-265-5506
TDD	1-800-265-5506
Guelph	
Women In Crisis/ Marianne's Place 	(519) 836-5710 1-800-265-7233
Haileybury	
Pavilion Family Resource Centre  *	(705) 672-2128
Hamilton	
Good Shepherd/ Martha House 	(905) 523-6277
Hamilton Native Women's Centre	(905) 522-1501
Hope Haven Homes for Family Abuse	(905) 547-1815
Inasmuch House *	(905) 529-8149
TDD	(905) 529-8149
Interval House of Hamilton-Wentworth  *	(905) 547-8484
Hawkesbury	
Maison Interlude House *	(613) 632-1131 1-800-267-4101
Kapuskasing	
Habitat Interlude  *	(705) 337-1122
Kenora	
Kenora Family Resource Centre *	(807) 468-5491 1-800-465-1117
Women's Place Crisis Line (Business Hours Only)	(807) 468-7233






Name	Telephone
Keswick	
Sandgate/Women's	(905) 722-4043
Shelter of Georgina  *	1-800-661-8294
Kincardine	
The Women's House of	(519) 396-9655
Bruce County	1-800-265-3026
Kingston	
Kingston Interval House *	(613) 546-1777
	1-800-267-9445
Kitchener	
Anselma House  *	(519) 742-5894
Lindsay	
Victoria's	(705) 878-3662
	1-800-565-5350
	TDD (705) 878-3662
London	
Atenlos 	(519) 432-2270
Battered Women's	(519) 432-2204
Advocacy Centre TDD	(519) 432-2204
Women's	(519) 642-3000
Community House 	1-800-265-1576
	TDD (519) 642-3000
Marathon	
Marjorie House  *	(807) 229-2222
	1-800-465-3307
Mattawa	
Mattawa Family	(705) 744-5567
Resource Centre  *TDD	(705) 744-5567
Matheson (Black River)	
Canadian Mental	(705) 273-2339
Health Women's Shelter  *	
Midland	
Rosewood Shelter  *	(705) 526-4211
	1-800-461-1750
Milton	
Halton Women's Place *	(905) 878-8555
	1-800-387-4027
Toronto Line:	(416) 798-7057
	TDD (416) 798-7057


Help For Women

Name	Telephone
Mindemoya Haven House  *	(705) 377-5160 1-800-465-6788
Moosonee Omushkegiskew House  * (705) 336-2456	
Napanee Lennox and Addington Interval House 	(613) 354-1010 1-800-667-1010
Nepean Nelson House  *	(613) 225-3129 (613) 225-0034
Niagara Falls Nova House/Niagara Women in Crisis	(905) 356-5800
North Bay Crisis Centre  *	(705) 474-1031
Nipissing Transition House  * TDD	(705) 476-2429 (705) 476-9503
Ojibway Family Resource Centre  TDD	(705) 472-3321 (705) 472-3321
Orangeville Hillside House Family Transition Place	(519) 941-1433 1-800-265-9178
Orillia Green Haven 	(705) 327-7319
Oshawa The Denise House/ Sedna Women's Shelter  TDD Higgins House	(905) 728-7311 1-800-263-3725 (905) 728-4394 (905) 576-8880
Oshweken Family Support Services 	(519) 445-4324
Ottawa Helpline (English) * Ligne-secours (French)	(613) 745-4818 (613) 745-3665

Name	Telephone
Interval House of Ottawa-Carleton  *TDD	(613) 234-5181 (613) 234-5393
La Présence  *	(613) 233-8297
Maison d'Amitié  *	(613) 234-7204 (613) 747-0020
Owen Sound	
Grey-Bruce Women's Centre 	(519) 371-1600 1-800-265-3722
Parry Sound	
Esprit Place 	(705) 746-4800 1-800-461-1707
TDD	(705) 746-4800
Pembroke	
Bernadette McCann House for Women 	(613) 732-3131 1-800-267-4930
Peterborough	
Crossroads I	(705) 743-4135 1-800-461-7656
Crossroads II	(705) 743-8922 1-800-461-7656
Red Lake	
New Starts for Women  * TDD	(807) 727-3303 (807) 727-3303 1-800-565-5368
St. Catharines	
Women's Place	(905) 684-8331
St. Thomas	
Women's Place 	(519) 633-0155 1-800-265-4305
Sarnia	
Women's Interval Home *	(519) 336-5200 1-800-265-1412
Sault Ste. Marie	
Women in Crisis  *	(705) 759-1230
Simcoe	
Haldimand-Norfolk Women's Shelter *	(519) 426-8048 1-800-265-8076

Help For Women

Name	Telephone
Sioux Lookout	
Women in Crisis	(807) 737-1438
Sioux/Hudson/North 	1-800-465-3623
Southwestern Ontario	
SOS Femmes (French) *	1-800-387-8603
Toronto Line:	(416) 759-0139
Stratford	
Optimism Place	(519) 271-5550
	1-800-265-8598
TDD	(519) 271-5550
Strathroy	
Women's Rural Resource	(519) 246-1039
Centre/Crisis Shelter	1-800-265-5390
Sturgeon Falls	
Sturgeon Falls Family  *	(705) 753-1154
Resource Centre TDD	(705) 753-1154
Sudbury	
Genevra House *	(705) 674-2210
	1-800-461-0133
Thunder Bay	
Beendigen House	(807) 622-5101
Community Residence *	(805) 625-2430
Faye Peterson	(807) 345-0450
Transition House 	1-800-465-6971
TDD	(807) 345-0450
Toronto	
Anduhyaun Residence	(416) 920-1492
Assaulted Women's	(416) 863-0511
Helpline TDD	(416) 516-9738
Interval House *	(416) 924-1491
Nellie's 	(416) 461-1084
Red Door Battered	(416) 462-9750
Women's Shelter *	
Shirley	(416) 249-7095
Samaroo House 	

Name	Telephone
Women in Transition Spadina House *	(416) 967-5227
Women in Transition Bloor House *	(416) 533-1175
YWCA Women's Shelter  *	(416) 693-7342

Toronto Area

Etobicoke

Ernestine's *	(416) 746-3701
Women's Habitat of Etobicoke	(416) 252-5829 (416) 252-5820


Mississauga

Interim Place	(905) 271-1860
TDD	(905) 271-7648

North York

North York Women's Shelter  *	(416) 635-9630
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Scarborough

Emily Stowe Shelter for Women *	(416) 264-4357
Homeward Family Shelter 	(416) 724-1316

Wawa

CHADWIC Home  *	(705) 856-2848 1-800-461-2242
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Welland

Women's Place 	(905) 788-0113
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Winchester

Naomi's Family Resource Centre	(613) 774-2838 1-800-267-0395
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Windsor


Hiatus House  *	(519) 252-7781 1-800-265-5142
TDD	(519) 252-2768

Woodstock

Women's Emergency Centre  *	(519) 539-4811 1-800-265-1938
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Groups for Men Who Abuse their Partners

*shows groups that are
available in French

 for information about wheelchair
accessibility contact each group directly.

Name	Telephone
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Ajax-Pickering	
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New Choices	(905) 683-3451
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Belleville	
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New Choices	(613) 968-8907
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Another group is also available in
Belleville. See your doctor for a referral.

Bracebridge	
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Abusive Men's Group	(705) 645-2262
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Brampton	
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The Men's Group	(905) 450-1608
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The Male Batterer's Group	(905) 453-7890
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Brantford	
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Options to Violence	(519) 753-4173
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Brockville	
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Stop Taking It Out On	(613) 345-3792
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Your Partner (S.T.O.P.)	
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Burlington	
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Re Visions	(905) 637-5256
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Caledon	
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See Brampton	
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Cambridge	
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The Men's Group	(519) 621-5090
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Chatham	
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The Men's Group	(519) 354-6221
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Clinton	
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Group Delta/Renaissance	(519) 482-3933
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Eganville	
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The Men's Project/	(613) 628-3145
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Living Without Violence Inc.	
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Name	Telephone
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Guelph

The Non-Violent Treatment Program	(519) 824-2431
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Kenora

Other Ways Now (O.W.N.)	(807) 468-4703
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Kingston

Alternatives	(613) 548-7499
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Kitchener

The Mend Group	(519) 743-6071
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Lindsay

Response Men's Group Program	(705) 328-0472
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London

Changing Ways (London) Inc.	(519) 438-9869
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Napanee

The Men's Group	1-800-267-7877
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North Bay

*Alternatives for Men/ Programme pour hommes violents	(705) 472-6515
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*may also be available in French

Oshawa

New Choices	(905) 683-3451
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Ottawa

New Directions	(613) 233-8478
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Owen Sound

Men's Program Ending Woman Abuse	(519) 372-2720
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Oxford County

* Family Violence Counselling Program of Oxford County	(519) 539-1276 (519) 539-6176
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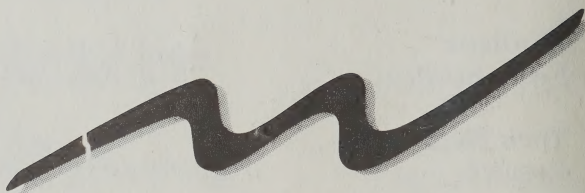
Peterborough

The Men's Spousal Assault Group	(705) 743-8331
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Help For Men

Name	Telephone
St. Catharines The Men's Group	(905) 684-1223 (905) 684-0644
Sarnia Commitment to Change	(519) 336-0120
Sault Ste. Marie Therapy Group for Violent Men	(705) 759-2756
Sharbot Lake Choices	(613) 279-3151
Simcoe The Men's Group	1-800-265-8087
Stratford The Men's Group	(519) 273-1020
Sudbury *The Violence Program/ L'intervention auprès des familles victimes de violence *available in French and English	(705) 674-5456
Thornhill Management Aggression Program	(905) 886-2157
Thunder Bay First Step Program	(807) 623-2218
Timmins *First Step/Groupe pour hommes violents *available in French and English	(705) 267-7333 (705) 267-7344 (705) 268-6839
Toronto * Anger Management	(416) 922-3126

Name	Telephone
Toronto Area	
East Toronto	
Anger Management	(416) 465-3557
Islington	
Anger Management	(416) 622-3133
North York	
Anger Management	(416) 636-9963
Willowdale	
Group for Men Who Abuse Their Partners	(416) 225-1166
Windsor	
Fresh Start	(519) 252-7781
York Region	
Resolve	(905) 884-7140



Ontario
Women's
Directorate

2 Carlton Street
12th Floor
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(416) 314-0300

107 C, Johnson Ave.
Thunder Bay, Ontario
P7B 2V9
(807) 345-6084



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